

RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



BINGO is Back!!

Who doesn't enjoy a rousing game of Bingo? You can partake of the camaraderie, possibly go home with some money, and help our community all at the same time! The Tuesday afternoon Bingo Game will resume on September 8th at the Woodburn Grange Hall at 12:30pm. Every Tuesday afternoon, from September through the end of May, a group of dedicated senior volunteers organize and operate Bingo at the Grange Hall. This group is the Woodburn Area Association of Senior Programs, affectionately known as WAASP. The organization has been in existence since the mid-seventies and is a non-profit. Faces have changed over the years but the purpose and commitment remain the same. This group raises money, and this year made contributions to Meals-on-Wheels, Music in the Park, RSVP, and the North Marion Adult Center. They provide mini-grants and/or donations for needed expenditures not covered by conventional sources. Bingo is their main fundraiser. WAASP is proud to announce that they have all new electronic equipment. The *Ultimate II* System has a fully programmable memory console and a Flashboard that measures nearly 12 feet. With a relatively small commitment of time, these folks accomplish quite a lot in our community. Why not join them? You can support them by joining to play and have fun while doing so. See you Tuesdays starting September 8th at 12:30pm!!



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RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

News from North Marion Adult Center

North Marion Adult Center has located a building to purchase and remodel into a senior center with rooms to rent for community events. NMAC needs help with grant writers and donations to buy the building and make it into a center the seniors can enjoy. Donations may be made a West Coast Bank in the North Marion Adult Center building fund. Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions, ideas or can help with this venture.



Sue Speaks Her Mind

“If you ever want to feel the grandest thing in the world, go help little children in school.”

This is a quote from a SMART volunteer. SMART , Start Making a Reader Today, completely relies on volunteers. It is a early literacy book and reading program for grades kindergarten through third grades. SMART’s mission is to enhance reading skills, attitudes, and life prospects of children who need assistance, while enabling adult volunteers and communities to experience the rewards of enriching young lives. With all that said, SMART needs you. Volunteers pair with a child, one on one, for 1/2 hour sessions weekly through out the school year. The need is greater than ever, now that three schools in Woodburn have a SMART program. The program starts every fall, in October. SMART does make a difference in kids lives. We all know that early childhood development directly impacts the kind of adult we become. In addition to one on one support in the school, SMART students receive two new books each month to take home and keep. If you are interested in volunteering with the SMART program, please call the RSVP office at 503-982-5255.



“The part of being able to read is getting better, and better, and better”

Please Helphome crafters need yarn

Volunteers needed: Legacy Hospice Services: needs local volunteers. Call Shelley Wagener, volunteer coordinator at 1-800-361-8506. **Dial-a-Ride:** is always in need of drivers. Volunteers use their own car to transport clients to medical appts. **Talking Books:** Needs people who can repair portable cassette players. The worksite is in Salem or can be done at home. **Woodburn Visitor’s Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don’t forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find the match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn’t a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

Your Name: _____

Telephone: _____ Location: _____

Total Hours: _____ Month: _____ 2009

Project : _____ Supervisor’s initials _____



*Some people,
no matter how
old they get,
never lose their
beauty-they
merely move it
from their
faces into their
hearts.*

Martin Buxbaum



Community Information and Education Page

BINGO, BINGO! Will be breaking for the summer. Please join them September 8th at the Woodburn Grange Hall.



WOODBURN INTERNAL MEDICINE, 974 Cascade offers a **FOOT CLINIC** 1st Wed. and every Thursday from 8:30am to 2pm and 1st Wednesday. Appointments are required. Cost \$30. Call 503-982-4878

SILVER CREEK ASSISTED LIVING COMMUNITY Foot Clinic is the 1st Wednesday of the month from 1:30 -5 pm. Licensed staff, \$20. Call 503-981-4142 for more information. **NORTH MARION ADULT CENTER** First Wednesday of the month 11am-3pm \$20. Call for ap-pointment, 503-982-4531



AARP Driver Safety Program (formerly 55 alive) September 14 & 15 5:30–9:30pm both days. \$14.00. County Meadows Village 503-982-2221



AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm 7-9pm Saturday & Sunday 1-5pm

Lap Swim : Monday –Friday 5:30-3:30pm 6-9pm Saturday & Sunday 1-5pm (2 lanes open)

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:15AM

HIP FLEXIBILITY Fridays 9-10AM

DEEP CARDIO T/TH 6-6:45am

AQUAROBCS M/W/F 8-9am and M/T/W/Th 6-7pm

DEEP WATER FITNESS M/W/F 8-9AM **WATER WELLNESS** M/W/F 9:15-10am T/Th 8-9am

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at **AWARE**, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



News From *Salemtowne*

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303

The new center is open and filled with many exciting workshops and classes. Next time you are in Salem, stop by and check it out!

TRIPS AHoy!! Contact the Center travel office for a complete travel guide or call 503-588-6303. Registrations are taken Mon and Thur 11am-3pm. All trips are available to anyone 21 years or older.

Center 50+ offers a wide variety of language & cultural, arts & crafts, workshops, fitness, music, personal enrichment. All classes are taught by professional, caring enthusiastic instructors. There is sure to be something to meet your goals. Call the Center at 503-588-6303 to get information on all activities at **Center 50+**, or come to the beautiful new center to register.

Volunteer Opportunities Turn that free time into helping someone else! Center 50+ thrives on volunteer power!

Look-up Center 50+ at the City of Salem web-site. You can find them under “Community Services”.

KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503–390-7441

PANCAKE Breakfast Saturday Sept. 5th 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **LUNCH** Tuesday-Friday 11:15-12:15 \$3.50 **Dance** Every Friday 9 am. **Sept. 7th LABOR DAY DANCE & POTLUCK 8 am FOOT CLINIC** Sept. 10th & 24th, by appt. 503-390-7441



SOUTH SALEM SENIORS 6450 Fairway Salem 503–588-0748

MISSION/DUES The purpose of the South Salem Seniors organization is to provide programs and activities for the educational, recreational, social and cultural needs of Seniors 50 years of age & older. **Dues** are \$15 per person per year. Life time memberships are age 50-64, \$225; 65-74, \$150; 75 and up, \$75.

LUNCH Mon-Fri 12 noon All seniors welcome \$2.75. Many daily activities offered. Call center for schedule.





Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503 982-5255
Fax: 503 980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura

A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

WHAT'S HAPPENING

WELLSPRING SATURDAY MARKET Farmers, fun and fitness, oh my! This is not your average farmers market. Join Wellspring, local farmers, growers and artisans for this weekly community event in the front parking lot at 1475 Mt. Hood Ave. Woodburn. **9AM-1PM Saturdays through September**

OREGON STATE FAIR Come celebrate Oregon's 150 birthday at the fair! All the goodies are included, plus it's Red Hat day. There is a Red Hat parade, picnic, and contests too. It's too good to miss. **Tuesday, September 1, 10:00am-3pm** \$15 for transportation and fair ticket.



MT. ANGEL OKTOBERFEST Thursday is Senior Day at Oktoberfest. Come celebrate the harvest with ethnic food, music, and more. We are providing transportation only for this event. All food and entry fees are on your own. **Thursday, September 17; 10:30am-3pm.** \$15 includes transportation only.



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Woodburn City Hall
270 Montgomery Street
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Marion County Retired & Senior Volunteer Program

